

Emergency Preparedness....Focusing on our children and family

A presentation by Melissa DeRoche, Emergency Preparedness Coordinator



General Michigan District Health Department
Promoting Healthy Families, Healthy Communities

5/14/15

1

Emergency Management and Emergency Preparedness Coordinator.... What is the difference?

County Emergency Managers are located in each county in Michigan plus some of our major cities and universities – 107 in total. They are responsible for all emergencies in their jurisdiction.

Emergency Preparedness Coordinators are located in every health department in Michigan plus the City of Detroit – 46 in total. They are responsible for responding to public health emergencies in their jurisdiction.

5/14/15

2

We all need to be prepared.....

“Personal responsibility before, during and after a disaster applies to people with disabilities just as it applies to people without disabilities. Although ability varies from person to person, educational and outreach efforts, information, and tools must be made accessible, available and achievable for everyone.” FEMA

5/14/15

3

The time to fix the roof
is when the sun is
shining.



5/14/15

4

Advantages

- Peace of mind
- Empowerment
- Resilience



5/14/15

5

Where to Begin?

“First comes thought; then
organization of that thought into
ideas and plans; then
transformation of those plans
into reality...” Napoleon Hill



5/14/15

6

Central Michigan District Health Department

- Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon Counties
- Regions 3, 6 and 7 for emergency preparedness
- Approximately 190,000 residents across the district.

Public Health and Preparedness

- Prior to 9/11, local public health department personnel served as partners on disaster planning groups.
- In 2002, local public health departments received CDC funds to create and implement an all-hazards plan and begin collaborating with local, regional and statewide response partners, schools and communities to respond to emergencies.

Steps to Preparedness

- **Create an emergency kit**
 - ✓ One kit for sheltering-in-place and one go-kit
 - ✓ Think about medications and medical supplies
 - ✓ Include copies of important documents
- **Create a plan**
 - ✓ Develop a family emergency plan for both sheltering-in-place and re-locating temporarily.
 - ✓ Create a personal support network
 - ✓ Remember to have plans for severe weather and fire. Practice those plans with your family.
 - ✓ Contact your local emergency management office to find out if they have a registry for people with disabilities or other special needs.
- **Be informed about what might happen.**
- **Know your resources.**

Disasters in Michigan

What are they?

5/14/15

10

More Preparedness Information: Family Disaster Kits & Family Emergency Plans

Disaster kits should be created for sheltering-in-place and home evacuation. Visit www.redcross.org for more information.

Develop a Family Emergency Plan to include communication, lists of medications & medical conditions, etc. Visit www.ready.gov for more information.

In Summary.....

- Have a personal/family preparedness plan and family disaster kit.
- To sign up to receive monthly preparedness tips: text PREPARE to 43362 (4FEMA) – standard message and data rates apply.
- Financial Preparedness
- CPR & First Aid Classes
- How can you assist the community while managing your own family/home? Visit www.mivolunteerregistry.org to sign up as a volunteer. Check with your local American Red Cross, CERT or Medical Reserve Corps Coordinator.
- KNOW YOUR RESOURCES

5/14/15

12

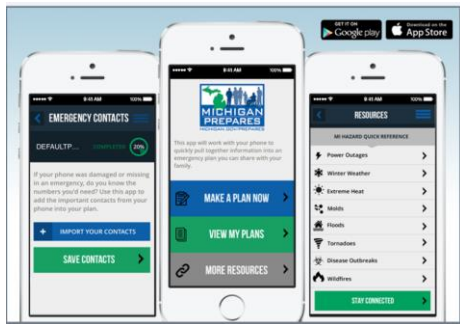
Resources & Tools



Z-Cards

5/14/15

13



5/14/15

14

<http://www.michigan.gov/michiganprepares>



5/14/15

15



5/14/15

16

<http://do1thing.com/>



5/14/15

17

<http://midisabilityhealth.org/emergency-preparedness.aspx>



Emergency Preparedness Resources

A disaster can have more impact on people with disabilities than others in the community. Use these links to make sure you and your family are prepared.

Do 1 Thing
Being prepared for a disaster can seem like a big job. Many people don't know where to start, so they never start at all. With Do 1 Thing, you can take small steps that make a big difference in an emergency.
www.Do1Thing.com

Disability Preparedness
Build your own emergency plan using the resources at ready.gov.
www.ready.gov/individuals-access-functional-needs

Check back often for new resources!



5/14/15

18

Sesame Street's Breathe, Think, Do App

It helps teach children to calm down by deep breathing, think about solutions and then act.

- iTunes
- For iPhones and iPads
- Google Play
- Amazon for Kindle Fire

Also from Sesame Street

- SesameStreet.org/challenges
- Sesame in Communities You Tube Channel
- Sesame Street in Communities Facebook Page
- Sesame Street on Twitter

5/14/15

19

For more information.....

Contact your local health department
Emergency Preparedness Coordinator

Today's presentation was provided by:

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5/14/15

20

Sources

- Michigan Department of Health and Human Services – Office of Public Health Preparedness (*Special thanks to Kathy Wahl for sharing their slides*)
- FEMA's ready.gov campaign
- Michigan Prepares website
- Do 1 Thing
- Partnership for Health & Disability

5/14/15

21
